

FOREVER ESSENTIAL OILS PRODUCT USAGE - CUSTOMER GUIDANCE

GENERAL GUIDELINES

- Observe standard health and safety when storing oils – keep lids closed, store away from light and heat
- Keep away from eyes
- Keep away from children
- Use by best before date
- If you are receiving medical treatment or taking medication, consult your doctor before using oils on the body or in the bath
- Avoid use of Defense, Soothe, At Ease and Peppermint in conjunction with homeopathic remedies
- Never ingest the oils
- All oils and blends to be avoided in pregnancy and breastfeeding, and not to be used on children under 18
- All single note oils to be diluted at 0.5-1.5% (maximum) in natural carrier oil (not mineral oil)
- All blends to be diluted at 0.5% (maximum) in natural carrier oil (not mineral oil)
- Never apply the oils neat, without dilution
- Never use any of the oils with a nebuliser
- Patch test for irritation before using if user has sensitive skin
- None of the blends to be used in the bath or applied using a douche
- Only Lavender oil is suitable for use in the bath, but not for children under 18
- Always use a dispersant in the bath; never use oils neat (proprietary dispersants may be sourced from aromatherapy suppliers)
- If individual feels ill following use, consult doctor immediately
- If accidental ingestion occurs or oils get into eyes, attend hospital immediately and take the oils with you
- If adverse skin reaction occurs, remove oils with warm soapy water immediately. If reaction does not calm within a short time, consult doctor

GUIDANCE FOR USE OF OILS IN THE BATH

(Lavender only)

- Never use the oils neat in the bath as they will sit on top of the water and may cause irritation
- Always use the oils with dispersant/solubiliser (either diluted in carrier oil or using a dispersant e.g. Polysorbate 20), these are available from aromatherapy suppliers. Using full fat milk is an option but does not disperse oils fully
- Do not use if the skin is broken or irritated
- If irritation occurs, get out of the bath and wash with clean water
- Not suitable for babies or children under 18

GUIDANCE FOR USE WITH BURNERS

(All oils may be used in burners and diffusers)

- Use 3-4 drops only
- Avoid combining the oil blends together, they are already a blend in their neat form
- The single note oils may be combined (max amount four drops in total)
- Always remember candle safety when working with candle burners
- Do not inhale the vapour directly and do not use bowls with hot water. The oils may irritate the eyes and skin
- Never use oils in a nebuliser

GUIDANCE FOR APPLICATION TO THE SKIN

(Single note oils: Lavender, Lemon, Peppermint. Blends: At Ease and Soothe)

- **Defense blend is not recommended for use on the skin**
- All single note oils to be diluted at 0.5-1.5% (maximum) in natural carrier oil (not mineral oil). This means between 1-3 drops (maximum) of essential oil in every 10mls of carrier oil, or 2-6 drops in 20mls of carrier oil (one drop in 5mls)
- The single note oils may be blended together but the total number of drops must not exceed three in 10mls and six in 20mls
- All blends to be diluted at 0.5% (maximum) in natural carrier oil (not mineral oil)
- This means one drop (maximum) of essential oil blend in 10mls of carrier oil, or two drops in 20mls of carrier oil
- Blends should not be mixed with each other or with single note oils
- Do not exceed the recommended dilution
- Never apply the oils neat, without dilution
- Do not use on sensitive or broken skin in cases of skin disorders and diseases
- Do not apply to sensitive areas of the body (genitals etc.)
- Do not apply to the face
- Do not apply more than once daily
- Wash hands after use
- Avoid contact with babies and children
- If irritation occurs, remove oil and wash with warm soapy water



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